







## VOUGA TRAIL LONGO - STAGE 1

25 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

### OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

	Time	Temperature	Humidity
Start	09:30	8°C	100%
End	14:20	8°C	100%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	536	Pedro Rocha	gdr retorta	Senior Masculino	02:17:21		05:30
2	521	Marcelo Araújo	focoteam24	Senior Masculino	02:18:00	+00:38	05:31
3	628	PEDRO BASTOS	ozxtreme	Senior Masculino	02:21:58	+04:36	05:41
4	620	João Amândio	montanha clube trail running/efapel	Senior Masculino	02:25:56	+08:35	05:50
5	630	Jorge Miguel Pereira	ozxtreme/adcrpereira	Senior Masculino	02:27:03	+09:42	05:53
6	665	Marco Campos	viseu running team	Senior Masculino	02:27:15	+09:54	05:53
7	608	Marco Silva	javalis - amizade & glória	Senior Masculino	02:28:41	+11:20	05:57
8	607	Alexandre santos	javalis - amizade & glória	Senior Masculino	02:30:48	+13:27	06:02
9	632	Filipe Ismael	ozxtreme/adcrpereira	Veterano M40	02:31:32	+14:10	06:04
10	609	Carlos Alberto Dias de Almeida	javalis - amizade & glória	Veterano M40	02:32:41	+15:20	06:06
11	657	Fábio Reis	vale dos duros	Senior Masculino	02:33:30	+16:09	06:08
12	631	José Pereira	ozxtreme/adcrpereira	Senior Masculino	02:34:13	+16:51	06:10
13	510	Vasco Morais Pinheiro de Sousa	coimbra trail running	Veterano M50	02:39:47	+22:25	06:23
14	659	João Rodrigues	vale dos duros	Veterano M50	02:40:40	+23:19	06:26
15	522	Nuno Faria	focoteam24	Senior Masculino	02:43:03	+25:42	06:31
16	555	António José Araújo Ratola	individual	Senior Masculino	02:45:13	+27:51	06:37
17	569	Paulo conde	individual	Senior Masculino	02:45:44	+28:23	06:38
18	624	AGOSTINHO COSTA	nac trail	Veterano M50	02:46:20	+28:59	06:39
19	587	Jorge Catarino	individual	Veterano M40	02:46:26	+29:04	06:39
20	652	José Rosário	sporting club santacruzense	Veterano M40	02:46:50	+29:28	06:40
21	595	Rui LOPO	individual	Veterano M40	02:48:10	+30:48	06:44
22	613	Ernesto Marques Alves	juventude cortegacense	Veterano M50	02:48:13	+30:52	06:44
23	513	Carlos Cunha	dci/trilhos luso bussaco	Veterano M50	02:48:37	+31:16	06:45
24	577	Adelino Silva	individual	Veterano M40	02:49:48	+32:27	06:48
25	518	josé alberto fonseca ramos	estrela campo de viação f.c.-covilhã	Veterano M50	02:51:37	+34:16	06:52
26	646	Alcino Gouveia	sentir escariz running	Veterano M40	02:52:26	+35:04	06:54
27	637	Manuel Ferreira (ZOLA)	pupilos zé to	Veterano M50	02:53:26	+36:05	06:56
28	583	Fernando Ferreira	individual	Veterano M40	02:54:12	+36:50	06:58
29	611	Joao Paulo Oliveira	juventude cortegacense	Veterano M40	02:54:59	+37:38	07:00
30	602	Valter Caseiro	individual	Veterano M40	02:55:20	+37:58	07:01
31	585	Joaquim Vidal	individual	Veterano M40	02:55:20	+37:59	07:01
32	557	Davide Carvalho	individual	Senior Masculino	02:56:04	+38:42	07:03
33	610	Vitor Ferreira	javalis - amizade & glória	Veterano M40	02:56:49	+39:28	07:04
34	627	Bruno Macedo	os caga tacos running team	Veterano M40	02:56:51	+39:30	07:04
35	658	João Oliveira	vale dos duros	Senior Masculino	02:57:07	+39:46	07:05
36	549	Beatriz Alves	individual	Senior Feminino	03:03:02	+45:41	07:19
37	615	Luis Miguel Carvalho Neves	marinhais ac	Veterano M40	03:03:23	+46:02	07:20
38	542	André Augusto Machado Figueiredo Santos	goodfellas wiseguys	Senior Masculino	03:06:34	+49:13	07:28
39	647	José Oliveira	sentir escariz running	Veterano M40	03:07:12	+49:50	07:29
40	1131	Pedro Henriques	individual	Senior Masculino	03:07:18	+49:57	07:30





**VOUGA TRAIL LONGO - STAGE 1**

**25 KM**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

**OFFICIAL RESULT**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
129	579	Artur Fonseca	individual	Veterano M40	04:23:49	+02:06:28	10:33
130	653	Cátia Fernandes Oliveira	trail bela bela	Senior Feminino	04:25:45	+02:08:23	10:38
131	573	Carla Alexandra Soares Cardoso	individual	Veterana F40	04:25:45	+02:08:23	10:38
132	592	Mário Santiago	individual	Veterano M40	04:27:34	+02:10:13	10:42
133	535	Talia Alexandra Ferreira Martins	garças	Veterana F50	04:48:49	+02:31:28	11:33
134	533	Joana Martins Vaz Santiago	garças	Senior Feminino	04:49:41	+02:32:19	11:35

















**VOUGA TRAIL CURTO - STAGE 1**

**15 KM**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

**OFFICIAL RESULT**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
126	1232	Raquel Carvalho	parties on the way	Senior Feminino	02:36:00	+01:09:14	10:24
127	1051	Dulcineia Miriam	fantasticskyrunners	Senior Feminino	02:36:20	+01:09:34	10:25
128	1183	Mário silva	individual	Veterano M40	02:36:38	+01:09:51	10:27
129	1089	Bruna Filipa de Almeida Alves da Costa	individual	Senior Feminino	02:36:38	+01:09:51	10:27
130	1077	RICARDO SILVA	ginásio fit4fun	Senior Masculino	02:36:49	+01:10:02	10:27
131	1259	Ana Cabral	sentir escaiz running	Senior Feminino	02:38:02	+01:11:16	10:32
132	1142	Daniela Sousa	individual	Veterana F40	02:38:10	+01:11:24	10:33
133	1184	Miguel Leite	individual	Veterano M40	02:38:11	+01:11:25	10:33
134	1260	Nazaré Oliveira	sentir escaiz running	Senior Feminino	02:38:13	+01:11:26	10:33
135	1212	Sofia Santos	motas running	Senior Feminino	02:38:31	+01:11:44	10:34
136	1010	Daniel Silva	artolas	Senior Masculino	02:38:35	+01:11:48	10:34
137	1149	Liliana	individual	Veterana F40	02:38:35	+01:11:49	10:34
138	1083	Rui Paradela	gpe	Veterano M40	02:38:39	+01:11:52	10:35
139	1034	Helena Oliveira Pereira	bunheiro runners	Senior Feminino	02:39:19	+01:12:32	10:37
140	1267	Pedro Silva	silvas	Veterano M40	02:39:22	+01:12:35	10:37
141	1124	Micael Martins	individual	Senior Masculino	02:39:25	+01:12:38	10:38
142	1144	Georgina Ferreira	individual	Veterana F40	02:39:36	+01:12:49	10:38
143	1194	José Castro	individual	Veterano M50	02:39:36	+01:12:49	10:38
144	1033	Ana Abreu Freire	bunheiro runners	Senior Feminino	02:39:42	+01:12:55	10:39
145	1084	António Cardoso	gpe	Veterano M50	02:40:35	+01:13:49	10:42
146	1046	Rui Marcial Alves Ribeiro de Azevêdo Cardoso	desafios - desporto e aventura	Veterano M40	02:41:24	+01:14:37	10:46
147	1066	Gabriel Rodrigues	gaia-running	Veterano M40	02:44:25	+01:17:39	10:58
148	1068	Helder Oliveira	gaia-running	Veterano M50	02:44:25	+01:17:39	10:58
149	1239	João Marcos Guimarães Videira	quenianos	Senior Masculino	02:46:20	+01:19:33	11:05
150	1241	Marco André Guedes de Sousa	quenianos	Senior Masculino	02:46:20	+01:19:33	11:05
151	1240	João Miguel de Sousa Teixeira	quenianos	Senior Masculino	02:46:20	+01:19:34	11:05
152	1154	paula pinho	individual	Veterana F40	02:46:56	+01:20:10	11:08
153	1165	Marisol Azevedo Valente	individual	Veterana F50	02:46:59	+01:20:13	11:08
154	1247	Francisco Santos	run4fun	Veterano M40	02:47:11	+01:20:25	11:09
155	1246	Liliana Martins	run4fun	Veterana F40	02:47:11	+01:20:25	11:09
156	1222	MARGARIDA RODRIGUES	oliveirarunners/ move martifer gym	Veterana F40	02:48:36	+01:21:49	11:14
157	1223	MARIA DIAS	oliveirarunners/ move martifer gym	Veterana F40	02:49:32	+01:22:46	11:18
158	1064	Lúcia Oliveira	focoteam24	Veterana F40	02:49:42	+01:22:55	11:19
159	1082	Luis Pedro	goodfellas wiseguys	Veterano M40	02:50:58	+01:24:11	11:24
160	1190	VÍTOR SALGADO	individual	Veterano M40	02:50:59	+01:24:13	11:24
161	1073	MÓNICA SILVA	ginásio fit4fun	Senior Feminino	02:50:59	+01:24:13	11:24
162	1072	DANIELA FERREIRA	ginásio fit4fun	Senior Feminino	02:51:00	+01:24:13	11:24
163	1245	Emanuel Rodrigues	run4fun	Senior Masculino	02:51:29	+01:24:42	11:26
164	1244	Cristina Ribeiro	run4fun	Senior Feminino	02:51:29	+01:24:43	11:26
165	1148	ISABEL PINHO BRANDÃO	individual	Veterana F40	02:51:42	+01:24:56	11:27
166	1179	JORGE BRANDÃO	individual	Veterano M40	02:51:42	+01:24:56	11:27
167	1017	Lurdes Moreira	as belas e eles	Veterana F40	02:54:08	+01:27:21	11:37
168	1178	Joao Paulo Dias	individual	Veterano M40	02:58:04	+01:31:18	11:52

## VOUGA TRAIL CURTO - STAGE 1

15 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

### OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
169	1226	LUIS VALENTE	oliveirarunners/ move martifer gym	Veterano M40	02:58:15	+01:31:28	11:53
170	1248	Albertina Silva	são team	Veterana F50	02:59:11	+01:32:24	11:57
171	1050	Ana Rita Marques Tavares	estoira trails	Veterana F40	02:59:57	+01:33:11	12:00
172	1048	Ângelo José Agostinho Júlio	estoira trails	Senior Masculino	02:59:58	+01:33:11	12:00
173	1047	Sílvia Leonor Ferreira Pinto	estoira trails	Senior Feminino	03:02:45	+01:35:59	12:11
174	1099	Maria João Cardoso	individual	Senior Feminino	03:02:56	+01:36:10	12:12
175	1075	ADRIANO BERNARDINO	ginásio fit4fun	Senior Masculino	03:03:48	+01:37:02	12:15
176	1198	Miguel Henriques	individual	Veterano M50	03:04:16	+01:37:29	12:17
177	1014	Cátia Silva	as belas e eles	Senior Feminino	03:09:29	+01:42:42	12:38
178	1251	Rosário Guerra	são team	Veterana F50	03:09:33	+01:42:47	12:38
179	1013	Carla Barbosa	as belas e eles	Senior Feminino	03:09:45	+01:42:59	12:39
180	1098	Luzia de Fátima Ferreira Dias Soares	individual	Senior Feminino	03:10:13	+01:43:27	12:41
181	1113	Emanuel Elísio Feio Mendes	individual	Senior Masculino	03:16:18	+01:49:32	13:05
182	1153	Patrícia Cruz	individual	Veterana F40	03:16:18	+01:49:32	13:05
183	1029	Rui Moreira	as melhores castas	Veterano M40	03:17:08	+01:50:22	13:09
184	1141	Claudia Carvalheira	individual	Veterana F40	03:17:53	+01:51:07	13:12
185	1295	João Soares	turbolentos	Veterano M40	03:17:54	+01:51:07	13:12
186	1074	Verónica Soares	ginásio fit4fun	Senior Feminino	03:17:54	+01:51:07	13:12
187	1293	Manuel Cardoso	turbolentos	Senior Masculino	03:17:56	+01:51:10	13:12
188	1291	Bruno Ferreira	turbolentos	Senior Masculino	03:17:56	+01:51:10	13:12
189	1058	MIGUEL COSTA	fo runners	Senior Masculino	03:18:18	+01:51:31	13:13
190	1157	Ana Gonçalves	individual	Veterana F50	03:19:38	+01:52:51	13:19
191	1031	Edite Fernandes	borabora, vamos lá!	Veterana F40	03:19:38	+01:52:51	13:19
192	1032	António Matos	borabora, vamos lá!	Veterano M40	03:19:38	+01:52:51	13:19
193	1231	Andreia Valente	os caga tacos running team	Senior Feminino	03:20:54	+01:54:07	13:24
194	1023	Bruno Ribeiro	as melhores castas	Senior Masculino	03:23:13	+01:56:27	13:33
195	1019	Catarina Gomes	as melhores castas	Senior Feminino	03:23:13	+01:56:27	13:33
196	1024	Marco Dias	as melhores castas	Senior Masculino	03:23:13	+01:56:27	13:33
197	1028	Gentil Pereira	as melhores castas	Veterano M40	03:23:14	+01:56:28	13:33
198	1021	Rita Falcão	as melhores castas	Senior Feminino	03:23:14	+01:56:28	13:33
199	1027	Sara Gonçalves	as melhores castas	Veterana F40	03:23:14	+01:56:28	13:33
200	1146	Ilda Cardadeiro	individual	Veterana F40	03:23:32	+01:56:46	13:34
201	1145	Graça Soares Rodrigues	individual	Veterana F40	03:23:35	+01:56:49	13:34
202	1155	Sandra Isabel Cuco Jesus	individual	Veterana F40	03:23:36	+01:56:50	13:34
203	520	Silvia Vilar	fit4fun	Veterana F40	03:23:46	+01:56:59	13:35
204	593	Paulo Daniel Correia	individual	Veterano M40	03:23:48	+01:57:01	13:35
205	1296	Joao Pinto	turbolentos	Veterano M50	03:36:06	+02:09:20	14:24
206	1292	Daniel Costa	turbolentos	Senior Masculino	03:36:07	+02:09:20	14:24
207	1211	Jorge A T Santos	matilha da atalaia	Veterano M50	03:41:13	+02:14:27	14:45
208	1208	Ana Sofia P C Santos	matilha da atalaia	Veterana F40	03:41:13	+02:14:27	14:45
209	1102	Raquel Almeida	individual	Senior Feminino	03:44:24	+02:17:38	14:58
210	1234	Ana Castro	parties on the way	Veterana F40	03:44:24	+02:17:38	14:58
211	1126	Miguel Rodrigues	individual	Senior Masculino	03:44:24	+02:17:38	14:58
212	1062	ANA SILVA	fo runners	Veterana F40	03:46:23	+02:19:36	15:06
213	1063	LUIS MOURO	fo runners	Veterano M40	03:46:23	+02:19:37	15:06





















## COLETIVO - VOUGA TRAIL LONGO

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

RANK	TEAM	DESCRIPTION	POINTS
1	JAVALIS - AMIZADE & GLÓRIA	7 + 8 + 10	25
2	OZXTREME/ADCRPEREIRA	5 + 9 + 12	26
3	VALE DOS DUROS	11 + 14 + 35	60
4	FOCOTEAM24	2 + 15 + 47	64
5	SPORTING CLUB SANTACRUZENSE	20 + 43 + 48	111
6	SENTIR ESCARIZ RUNNING	26 + 39 + 53	118
7	GAIA-RUNNING	50 + 51 + 70	171
8	PÉS DE CHUMBO RUNNERS	45 + 54 + 74	173
9	RM TRAIL TEAM	57 + 58 + 59	174
10	C. B. VISEU RUNNING TEAM	65 + 69 + 114	248
11	ESTOIRA TRAILS	94 + 95 + 96	285
12	MATILHA DA ATALAIA	105 + 106 + 120	331
13	GINÁSIO FIT4FUN	116 + 117 + 118	351

## COLETIVO - VOUGA TRAIL CURTO

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

RANK	TEAM	DESCRIPTION	POINTS
1	JAVALIS - AMIZADE & GLÓRIA	2 + 3 + 29	34
2	OLIVEIRARUNNERS/ MOVE MARTIFER GYM	19 + 39 + 40	98
3	SPORTARC.RUNNING	10 + 28 + 68	106
4	SENTIR ESCARIZ RUNNING	23 + 61 + 66	150
5	GAIA-RUNNING	11 + 27 + 147	185
6	GOODFELLAS WISEGUYS	21 + 82 + 83	186
7	ARTOLAS	96 + 120 + 136	352
8	DESAFIOS - DESPORTO E AVENTURA	104 + 105 + 146	355
9	AS BELAS E ELES	63 + 167 + 177	407
10	QUENIANOS	149 + 150 + 151	450
11	GINÁSIO FIT4FUN	130 + 161 + 162	453
12	SÃO TEAM	110 + 170 + 178	458
13	PARTIES ON THE WAY	125 + 126 + 209	460
14	RUN4FUN	154 + 155 + 163	472
15	AS MELHORES CASTAS	115 + 183 + 193	491
16	ESTOIRA TRAILS	171 + 172 + 173	516
17	MATILHA DA ATALAIA	114 + 206 + 207	527
18	TURBOLENTOS	186 + 187 + 204	577
19	FO RUNNERS	188 + 211 + 212	611